**Manage Your Age Program**

**Individual schedule for I.I. Ivanov**

**Saturday, May 06, 2017**

Greeting at Riga airport, transfer to the guesthouse

**4.30-5.30 p.m. –** tea served on the porch

**7.00 p.m.** – greeting the guests with the Manor story

**8.00 p.m.** – dinner

**Sunday, May 07, 2017**

**08.00-10.00 a.m. –** breakfast

**10.00-11.00 a.m.** – For ladies! Presentation of AgeLock cosmetics. Application guidelines (the cosmetic line is provided for testing for the entire week with the results monitoring).

**1.00-2.00 p.m.** – lunch

**3.30-4.30 p.m. Individual meeting with Dr. Mario Krause**

**4.30-5.30 p.m.** – tea served on the porch

**5.30-7.00 p.m. – Lecture-talk by Dr. Krause for all participants:**

**“My approach to the patient: linking the unlinkable. Precise measurements and holistic medicine”**

**(Body’s stress-resistance, determination of its level and impact. What a metabolomics test yields, various methods and possibilities of personalized medicine).**

**7.30 p.m.** – dinner

Free time in pleasant strolls and conversations

**Monday, May 08, 2017**

**08.00-10.00 a.m.** – breakfast

**09.30 a.m. – 2.00 p.m. – How to walk correctly? What exercises will suit you?** (a walk to a special place together with the experienced Nordic walking coach with a **picnic (! depending on the weather**)

**4.30-5.30 p.m. –** tea served on the porch

**5.30-7.00 p.m. – Lecture-talk by Prof. Yury Kropotov “Capabilities and super-capabilities of the brain. How to learn managing the brain’s age”**

**7.30-8.30 p.m.** – dinner

**9.00-10.00** **p.m.**– Youth dance: salsa with a wonderful teacher

**Tuesday, May 09.2017**

**08.00-10.00 a.m.** – breakfast

10.00 a.m. – 1.00p.m. – What exercises will suit you. Nordic walking + all types of flexibility exercises

1.00-2.00p.m. – lunch

**2.00-3.00 p.m. – Individual examination with prof. Yury Kropotov and Dr. Datze Tyurina**

**4.30-5.30 p.m. –** tea served on the porch

**5.30-7.00 p.m. – Lecture-talk by Dr. Tatyana Amirova**

**“What personal genetics can tell us? How to make sense of numerous genetic tests offered nowadays.”**

**7.30** – **8.30 p.m.** – dinner

**Free time**

**Wednesday, May 10, 2017**

**08.00-09.00 a.m.** – breakfast

**09.00 a.m.** – departure from the hotel

**10.00 -11.45 a.m.** – anti-age sport: golf for the complete beginners with an instructor (take a stroll over the field, hold the golf clubs in your hands and try to learn controlling your movements’ precision. It will be fun!).

**12.00 – 1.30 a.m.** – a tour to Turaida Castle (Turaidas pils)

**2.30-3.00 p.m.** – lunch at the hotel

**4.30-5.30 p.m. –** tea served on the porch

**5.30-6.30 p.m. – Individual meeting with Dr. Tatyana Amirova**

**7.00-8.00 p.m.** – dinner

**8.30-10.00 p.m. – Anti-age music: concert of the classic composers’ works. The repertoire is compiled by joint efforts of a music critic, a psychologist and a biologist. Accompanied by an equally magnificent theoretical solo “Spirit-uplifting, toning, relaxing and meditating”**

**Thursday, May 11, 2017**

**08.00-10.00 a.m.**– breakfast

**Options:**

**A tour to Riga with a lunch** in the old town (departure at 09.00, return at 15.00)

**More golf** (for those who enjoyed it) **or a stroll**

**1.30-2.30 p.m. – lunch at the hotel**

**4.30-5.30 p.m. –** tea served on the porch

**5.30-7.00 p.m.– additional communication with the specialists, answers to the questions (time and length will be determined after the initial consultations)**

**7.00-8.00 p.m.** – dinner

**8.30-9.30 p.m.** – Consolidating our progress: youth dance – salsa with a wonderful teacher

**Friday, May 12, 2017**

**08.00-10.00 a.m.**– breakfast

**10.00 a.m. – 1.00 p.m. –** activities of your choice: Nordic walking, boating or fishing

Exercises following personalized recommendations

**12.00 a.m. -1.00 p.m. (additional communication with the specialists, answers to the questions)**

**1.00-2.00 p.m. –** lunch

**3.00-4.30 p.m. – devices and gadgets: demonstration and approbation of individual medical diagnostic devices**

**4.30-5.30 p.m. –** tea served on the porch

**5.30-7.00 p.m. – finalizing general discussion of the specialists. Dr. Krause, Dr. Kropotov, Dr. Amirova – can they combine their methods to create a totally new program for the benefit of the patients?**

**7.30 p.m.** – Gala dinner

**Saturday, May 13, 2017**

**08.00-09.00 a.m.** – breakfast

Transfer to the airport

\*(SPA treatment, massage in all days – by prior requests)